

# Bran Flake Muffins

**Makes:** 10 Servings

Try these delicious muffins, made with bran flake cereal, as a breakfast bread, snack or anytime at all.

## Ingredients

nonstick cooking spray

**1 cup** bran flakes cereal

**3/4 cup** 1% milk

**1** egg

**1/4 cup** margarine, melted

**1 cup** flour

**2 1/2 teaspoons** baking powder

**1/2 teaspoon** salt

**1/4 cup** sugar

## Directions

1. Preheat oven to 400 degrees F. Coat 10 muffin cups with nonstick cooking spray.
2. Combine bran flakes and milk and let sit for 5 minutes until cereal is soft.
3. Stir in egg and margarine. Mix in flour, baking powder, salt, and sugar, stirring until combined.
4. Fill 10 muffin cups.
5. Bake for 30 minutes, until toothpick or knife inserted into center of a muffin comes out clean

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>130</b>	
Total Fat	5 g	
Protein	3 g	
Carbohydrates	19 g	
Dietary Fiber	1 g	
Saturated Fat	1.5 g	
Sodium	280 mg	